30 DAYS *To* ALPHA

BECOME AN ALPHA MALE IN 30 DAYS. MINDSET, TRAINING, FASHION, DISCIPLINE, HEALTH, MONEY AND DATING WILL MAKE YOU AN ALPHA MALE

30 Days to Alpha

Become an Alpha Male in 30 Days: Mindset, Training, Fashion, Discipline, Health, Money and Dating

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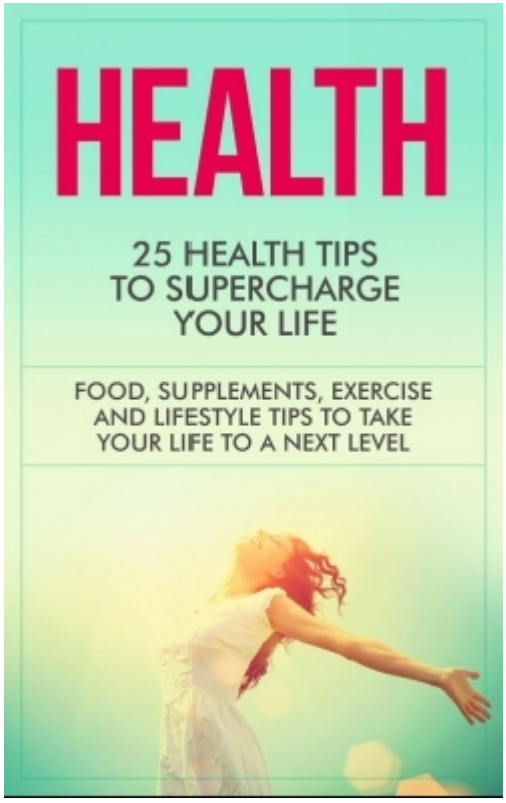

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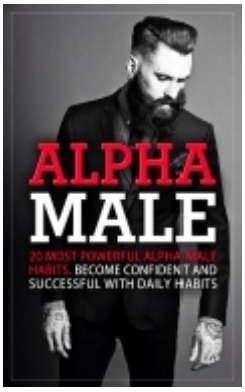

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Introduction

I want to thank you and congratulate you for downloading the book, *"30 Days to Alpha: Become an Alpha Male in 30 Days – Mindset, Training, Fashion, Discipline, Health, Money, and Dating will make you an Alpha Male"*.

This book contains proven steps and strategies on how to master the alpha male mindset and lifestyle within 30 days.

Congratulations! Picking up this book is proof that you have the first prerequisite to becoming an alpha male – the thirst for improvement! But of course, you shouldn't expect everything else to be this easy. Within the next 30 days, you will be introduced to various activities and strategies that will make the alpha out of you!

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1 – The Alpha Mindset

Before you begin, you should congratulate yourself because you finally realized the need to be an alpha. Eventually, every person will grow tired of being a beta. But not everyone has the willingness to take the first step. This is the first characteristic required to be an alpha male – and you've got it.

But that's not all the mindset changes it takes to be successful in this endeavor. Self-confidence is extremely important if you want to be successful in the following weeks. It is also one of the most important traits of alpha males. Unfortunately, this is what most betas lack. And there is a good chance that you haven't fully developed your self-confidence yet given that you don't consider yourself an alpha.

Building your Self-Image Above All Else

They say self-confidence takes years to build and only a few insulting or hurtful words to be destroyed. Most people are naturally shy and conscious of how others will perceive them. This is why most people are motivated to strive in pleasing others or being someone that people can look up to.

There are some highly charismatic people that are innately confident. These individuals can easily be identified while they're at school. They could betalented, good-looking, simply excellent speakers, or a combination of these characteristics. As a result, they will be more active in their social groups and continue to build their self-confidence over time.

Unfortunately, the opposite is true for people who are naturally shy and self-conscious. There are also those who are not yet in touch of their true talents and abilities during the early developmental stages of their social life, specifically in school. Ironically, this is usually the time when they needed to show off the most to gain appreciation of their own selves. In turn, their ability to develop their self-confidence is significantly inhibited – ultimately making them the betas in their adult life. They also tend to shy away from public speaking engagements and therefore take fewer opportunities in general.

All in all, this is the problem of most betas if they rely too much on their social image for self-confidence. They inhibit themselves, take fewer opportunities, become less socially active, and lose hope altogether in being the superstar they're meant to be.

This is why you need to adopt the mindset of *self-motivation* and disallow your perception of yourself from shrinking based on the opinion of others. In other words, you should liberate yourself from your social image and focus first on your *self-image.* Remember that once you're an alpha, you can enjoy a brand new social image for as long as you like.

Being Self-Reliants

The next chapter consists of strategies that use your strengths and weaknesses for self-motivation. For now, you need to focus on stopping yourself from being concerned of your social image. It may sound counterintuitive at first, especially since this book is all about becoming an alpha. But remember that you need the integrity to make positive changes solely out of self-respect – not because you will receive tons of praise and ego-boosters from your peers. In other words, *do not rely on others for a positive self-image.*

For **30 days,** prevent yourself from boasting about anything at all to your peers, particularly the progress you will be making throughout the rest of this book. Give them a nice surprise by the end of the month by showing them the new you. If you're particularly active in social media, you can try limiting your posts and updates only to the essentials. In the meantime, try to be modest and see for yourself how fulfilling it is to do the right thing without letting others know.

Chapter 2 – The Alpha Habits

Keep in mind that eventually, other people will forget the mistakes or weaknesses you've shown them. Given enough time, they will also forget the good things there is to know about you. But all of these traits – the good and the bad – will definitely linger in your mind. But you still need to find your strengths first to form a positive identity – the one fitting for an alpha.

True, it is not easy to build you self-esteem especially if you've been ignoring yours for a very long time. But nothing is impossible if you take one small step at a time. The first thing you need to do is to identify your *strengths* which are essential components of your future alpha identity. These strengths consist of the following:

1. **Talents and Skills –** Every person has a unique set of skills and talents they can capitalize on in life. As mentioned earlier, not everyone is given the chance to let these talents shine during their youth. And if you don't start appreciating your talents now, then you can stay here and dream on being an alpha.
2. **Education and Employment –** Your academic achievements and employment are proof that you can get your priorities straight. You could still be studying now, but remember that as adults, these are some of the greatest assets you can have especially if you want to be an alpha.
3. **Values –** Do you have any particular causes or achievements you could be proud of? Are you an active member of a charity organization or do you engage in volunteer work? An alpha male with self-respect knows how to give back, too. And knowing that you have this quality now should give you a boost in motivation.
4. **Character –** Can you identify the positive aspects of your own character? Do you consider yourself as a persevering professional, a lifelong learner, or a person with principles? Remember that the positive things in your character will earn you respect.

Remember; you can use these strengths to build your self-confidence by exercising them and accomplishing something. By the end of this

chapter, you will set goals for yourself and perform other activities during the *first week* that get you started on the right track. There is just one last thing you need to understand before you do so.

Dealing with your Weaknesses

Even the alphas are not perfect. Every single person in this world is lacking in certain departments whether they can improve them or not. Some are superficial while some are embedded on a person's way of living or mindset. But whatever your weakness is, you will do well in acknowledging them completely and understanding how you can turn them into real opportunities.

Keep in mind that an alpha male is a student of life – a lifelong learner. They can spot their imperfections and somehow turn them into challenges to make life more fulfilling. As mentioned in the beginning of this chapter, you exhibited this quality by acknowledging that you're a beta.

The weaknesses that you can improve are as follows:

- **Bad Habits –** Bad habits is the result of the lack 0f self-discipline and too much stress. Remember that bad habits are not limited to unhealthy habits such as smoking and drinking. Forms of procrastination and other routine activities that can negatively affect productivity are also considered as bad habits.
- **Lack of Financial IQ –** Your financial IQ encompasses your ability to set budgets, create investments, control your expenses, and make income. Keep in mind that an alpha male with an empty pocket loses his flair not only to his peers but to the women as well.
- **Physical Characteristics –** First of all, it is entirely possible that your physical characteristics are strengths. Still, there is always room for improvement. Improving your physical characteristics and *health* will be an integral part of your 30 days to becoming alpha.

Being an Achiever

Always remember that mindset alone can make the difference between an alpha and a beta mainly because it is the key for being successful in the following chapters. The Alpha mindset is easy to understand but is difficult to maintain. In order to do this, you need the *achiever's mindset* and

continuously set goals that will offer you motivation once you accomplish them.

For **30 days,** you need to set daily objectives related to your strengths and weaknesses. You will either improve one of your strengths or work on fixing a weakness. Not only will this help shape up your alpha identity; it will also give you the much needed motivation boost whenever you complete an objective. Go ahead and be in touch with your passions and be positive with your weaknesses.

Remember that you have to do this *every day* for a month in order for these activities to turn into permanent habits. In addition to this, practice keeping with you a personal journal at all times and make an entry every single day. For self-motivation, make sure to include an *inspirational quote* with your experiences during the day. These quotes could be from a famous historical person or created using your own words. Always remember that what you can learn through words; you can learn in *real life* better. Besides, it is an epic feeling to post a status about something that you feel genuinely relatable to.

Chapter 3 – Looking the Part

You may have integrated the alpha mindset in your lifestyle, but it's time for you to look the part for a *complete package.* The reason why this comes first before health is because you want to get results fast. And believe it or not, looking like an alpha can be incredibly easy but *hard to maintain* in the long run.

The Alpha Posture

You simply *can't* pull off the alpha male part without the proper, manly posture. Believe it or not, it can improve the way you will look regardless of which clothes you wear or how big your waistline is. Posture alone can also separate the chivalrous gentlemen from the unattractive guys that women won't touch with a 10-foot pole. Without further ado, here are the things you need to remember for proper posture:

- **Stand Straight –** Appearing confident and dignified is one of the main goals of having a good posture. By standing straight, you are maximizing your *height,* which is an absolute must for attracting ladies.It also works by making you appear healthier overall. For **30 days,** practice centering your weight to the middle portion of your feet. Lift up your chest, keep your shoulders aligned, and stick your butt out.
- **Sitting Straight –**A lot of people actually find it more difficult to maintain posture while sitting than when standing. The first reason is because people think they can get away with an improper sitting posture easily. Secondly, people generally spend more time sitting that they seem to fail to maintain the proper sitting posture most of the time. For **30 days,**be actively conscious of your spine and see to it that it's always straight while sitting. When working for prolonged periods, set a recurring alarm every 15-30 minutes to remind yourself to straighten your posture.
- **Chin Up –** The next component of the alpha posture is extremely important especially when having conversations. It makes you appear more respectablewhile also helping you look

and feel more confident. Just remember to keep your head level and maintain eye contact whilst conversing. Do this for **30 days.** You should also consider "practice" your posture at home in front of the mirror.

The Alpha Grooming

An alpha male is well-groomed – *period.* People say that you shouldn't judge a book by its cover, but most of them do it anyway. It's not a question of morality – it's just a *fact* as far as social norms go. If you are well-groomed, you can expect better treatment than those who dress like bums. For the next **30 days,** take note of the following grooming tips:

1. **Always Wear Mature Clothing –** Clothing and style are two of the things that are easy to nail in order to be an alpha. The first rule is to always be appropriate. *Never* overdress or underdress for absolutely all occasions. Additionally, mind your choice of clothes. Avoid shirts with profane or immature designs and aim for simple yet stylish. When in doubt, go for darker shades and neutral colors since they suit most skin types.
2. **At Least Trim your Hair–**Here's an undeniable fact: only a few guys can wear the caveman head and facial hair and still look good. It's almost exclusive to Hollywood actors, millionaires, musicians, and models. But in the real world, keeping your hair short and neat makes you look more mature and professional. One particular rule in dating is to have shorter hair than women, otherwise it will look unnatural.
3. **Stubble is Okay; Full Beards are not –** In terms of facial hair, you can never go wrong with stubble as it can make you instantly more masculine. Just remember to trim or shave occasionally to prevent it from growing too long.
4. **Smell Nice –** Alphas invest in body sprays, shower gels, and deodorants for a reason. This is because they want to make meeting them an *experience* – indulging the senses of sight, smell, and when meeting girls,*taste*and *touch.*Smelling nice helps you feel more confident and more memorable to the ladies. Remember that you'll never know when you'll meet your next prospect. With this being said, it should be part of your everyday package.

Prepping Up

For the next **7 days,** you may need to redo your entire wardrobe. Acquire mature clothing and put away the ones you've had since your teen years. When shopping for clothes, the number one rule is to choose them yourself. At the very least, your statement should be backed with your own personal taste. This should add a strong sense of authenticity in terms of style. While you're at it, you should also consider getting a more mature looking haircut.

Lastly, remember that grooming is not just about clothes and physical appearance. Being groomed also includes looking and feeling healthier. All these will be included in the next chapter.

Chapter 4 – Living like a Legend

The word ‘alpha’ isn’t there just for show. You need to be strong, active, and brave. In other words, you should not be a wimp and be legendary. But more importantly, you should strive for a *purpose*. So you should always integrate your self-image in everything you do.

But of course, it takes time to shape up and acquire the alpha physique. You need to create systematic changes in your lifestyle.

Dominating your Habits

The best way to gain control of your health for the long-term is to manage your habits. First of all, take a look at the weaknesses that concerns your health. By now, you should already have a list of the things that you need to fix in your lifestyle. Do you have any addictions such as smoking, alcoholism, or *pornography?* These are the roadblocks that may damage your health in the long run or even for the short-term.

But remember that in order to completely erase a habit; you need to develop a new habit that will take its place. These should be done in addition to the daily objectives you’ve set way back in the first chapter. Here are some healthy habits you can use to distract yourself from the bad:

- **Walk –** It doesn’t matter who you are, what you do, and where you live; you can *always* find time to make brisk walking a daily exercise. For the next **30 days,** try to perform 30 minutes to an hour of brisk walking every day. You can do this on your way home from work, to the grocery store, or whenever your mind needs some time to relax and refocus. It can relieve stress and help keep the extra pounds away by burning up to 300 calories per session.
- **Sleep Well –** An alpha needs his energy at optimum levels whenever he needs it most. Due to its simplicity, most people overlook the importance of sleeping at the right time and getting the right amount of sleep. Just because you can last longer in parties or in bed, doesn’t mean you should deprive yourself of sleep. The secret to sleeping well is to plan your daily routine systematically. For the next **30 days,**

set a regular bedtime and take a nap *only* if you've lost sleep the night before due to inevitable causes. A simple trick to help you do this is to do the brisk walking activity mentioned earlier at least an hour before you intend to sleep.

- **Take a Cold Shower –**Cold showers have a number of proven health benefits that alphas take advantage of. It can help alleviate stress, relieve muscle pains, promote your alertness, improve circulation,and help tighten your pores. Of course, it is a surefire way to prevent body odor for the rest of your day. For the next **30 days,** try to take a cold shower *every morning* to invigorate yourself. Keep in mind that an alpha male does not back away from challenges. Start the day by accomplishing something that betas simply can't keep up with.
- **Turn your Body into a Weapon –** Your body is second to your mind as the most important asset you will ever have in life. Alpha males do not use excuses such as the lack of time or *genetics* to take control of their shape. You don't really even need to go to the gym to improve your shape. For the next **30 days,** perform *pushups, sit ups,* and *squats* every day for as muchas you can – but never less than *50* each. Normally, you would divide this number into different sets. You can do these exercises in any order you prefer.
- **Take Care of your Skin –**In addition to staying in shape, taking good care of your skin will make you feel more confident and attractive. Make sure you use a facial wash specifically for men. If not, try something mild especially if you have blemishes such as pimples or shaving cuts. For the next **30 days,** establish a daily skincare routine, starting by making sure you wash your face at least twice per day.
- **Watch what you Eat –** Aside from alcohol, you should also be mindful of what you consume. For the next **30 days,** avoid foods that are high in sugar, salt, and trans-fats. There will be a guide on establishing your daily eating habit in the next chapter.

Boycotting your Bad Habits

Self-discipline and willpower are crucial if you want to keep your bad habits in control. The hard part is, bad habits are a lot easier to acquire yet they are harder to stop. This is because the human mind is rigged to value short-term *gratification* felt by your primitive reactions. On the other hand, long-term rewards usually require some form of sacrifice such as time, money, and effort before they can be felt.

Focusing on the long-term effect of all your decisions require the intervention of your *higher thinking*or *rational thoughts.*And being rational and focused are the things alphas are good at. For the next **30 days,** challenge yourself to always make the right decision and have a plan on how to reward yourself after doing so.

A simple strategy to help you succeed in boycotting your bad habits is to present yourself with an option – to do the bad habit, or do one from the list of healthy habits in this chapter. You may also do other productive activities based on *Chapter 2 – The Alpha Habits* under "*Being an Achiever*".

Chapter 5– Living the Alpha Life

Now that you've adopted the mindset, style, and healthy habits of the alpha male, it's time to move on to the more important lifestyle changes that you should live by every single day. These are the behaviors and actions that will give you real results and improve your life for the long-term. This also includes a few financial habits that betas usually fail to adapt to.

Taking Charge of your Life

An alpha male should always be willing to assume the position of the leader. The secret to his charisma lies on how he understands the balance of courtesy and assertiveness. This works as an advantage in all situations. It may sound simple, but it can be difficult to practice.

As always, you can take charge one step at a time. And this time, you can begin taking charge of a life in 3 simple steps:

1. ***Being a Good Listener –*** *Aleader can see the good in other people and encourages them to use it. This is extremely important in your professional life, business, and school. Always reserving judgment will also reflect well in your personality, making you a more likeable person overall. For the next* ***30 days,*** *aim to build rapport with your colleagues by identifying their strengths and encouraging them to take advantage of it.*
2. ***Being Financially Sound –*** *An alpha male knows his way around money. Another rule in dating is to always pay for the food. So you have to make sure you always have an extra saved for a rainy day. For the next* ***30 days,*** *save at least $10 per day by cutting expenses or finding opportunities for additional income. Also try to invest in your knowledge when it comes to investments.*
3. ***Being a Gentleman –*** *Although alpha males should be intimidating, they should always be humorous and chivalric not only to women but to other men as well. Being a gentleman can be applied in your everyday activities in life. All it takes is a little sense of empathy and be humble.For example, apologizing and admitting your mistakes isn't a sign of weakness. In fact, it is the other way around. For the next* ***30***

days, *practice being courteous to the people around you and see how appreciative they can be of you.*

Eating Right

You should know by now that alpha males maintain control of their weight. But it's not just about eating 3 meals per day. It is all about eating based on what you *need* to achieve. Simply put, if you want to lose weight, you need *caloric deficit* which can be achieved by consuming fewer calories than your body needs. If you're a skinny guy and in need of additional pounds, then you need *caloric surplus* – the opposite of caloric deficit. Both of which are the core components of a diet and can be measured by identifying your maintenance calories using calculators such as the following:

- **Calorie King –** www.calorieking.com
- **Free Dieting –**www.freedieting.com
- **A Calorie Counter –**www.acaloriecounter.com

For the next **30 days,** decide whether you need a caloric deficit or surplus and aim for a difference of *500* calories with your meals. Just check the food labels or online databases for the caloric value of specific foods. The best strategy is to use *Calorie Counter* by *My Fitness Pal* for Android devices. Otherwise, use online sites like *www.caloriecount.com* or *www.myfitnesspal.com*.

Keep in mind that the main purpose of dieting is to control how *much* you eat, not how *often.* To keep your cravings at bay, you can try spreading out your daily calories into 4-5 small meals in a day. Doing so will help keep suppress your hunger throughout the day.

Dominating your Fears

Every single person in the face of the planet fears something. But the difference between an alpha and a beta is that alphas know how to take on their fears – in a smart way. You can look at fears as weaknesses or opportunities to create room for improvement. Within the next **30 days,** do something that you're normally afraid of doing. Of course, it should be something productive or creative like the fear of public speaking, rejection, and so on – not something trivial like the fear of spiders, heights, and so on.

It doesn't matter if it's an opportunity for a business, approaching a girl you're attracted to, or entering a contest that you've never had the guts

to participate in. An alpha male accepts these opportunities not just to win, but to enrich his life as well.

It may sound cheesy, but *believing* that you're an alpha male and facing your fears head on will definitely boost your confidence. For example, if you are afraid of public speaking, make it an objective to participate in speaking engagements and see how comfortable you can be with your newfound confidence.

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